

Aqua Aerobics

This is an hour-long exercise class that offers a full aerobic workout without all of the stress on your muscles and joints because of the buoyancy afforded by the water. Another plus – it is definitely more comfortable than aerobics in a gym because the water cools you off as you exercise.

Participants at all fitness levels – from beginner to advanced – will enjoy a great workout! Exercises may be modified to accommodate all.

Evening Class

Mondays, June 2 – August 4, 2008 (10 weeks)

#801 – 6:00 – 7:00 p.m.

Daytime Class

Wednesdays, June 4 – August 6, 2008 (10 weeks)

#803 – 10:00 – 11:00 a.m.

Fee: Residents - \$50.00; non-residents: \$60.00